Tour de France Stage 3 (2026): Route, Climbs & Contenders

Granollers to Les Angles — the Tour's first mountain test

Focus keyword: Tour de France Stage 3 | Date: Monday, July 6, 2026

GET TO WATCH LIVE ON PEACOCK, SIMPLE SIGNUP

Tour de France Stage 3 marks a major turning point in the 2026 race: the peloton leaves Catalonia behind and crosses into France for the first time, landing on a brutal mountain stage that could reshape the general classification before the race has even left the opening week.

Tour de France Stage 3: Route Overview

Stage 3 runs 195.9 kilometers from Granollers, a town just north of Barcelona, to the French ski resort of Les Angles in the Pyrénées-Orientales. With 3,850–3,940 meters of total climbing, it's officially classified as the first true mountain stage of the 2026 Tour de France.

The route starts with rolling roads through Catalonia before tackling the Category 1 Col de Toses — 9.3km at an average of 6.5% — the hardest climb the race has faced so far. After crossing the Spanish–French border near Puigcerdà, riders face the Col du Calvaire before a long-drag finish up to the Les Angles ski station, with the final 1.7 kilometers ramping up to 6.5–6.8%.

Detail	Information
Date	Monday, July 6, 2026
Route	Granollers → Les Angles
Distance	195.9 km
Elevation gain	~3,850–3,940 m
Key climbs	Côte de Saint Feliu de Codines, Col de Toses (Cat. 1), Col du Calvaire, Les Angles finish)
Stage type	Mountain stage, uphill finish

Why This Stage Matters

Tour de France Stage 3 is significant because it arrives so early in the race. Mountain stages this hard usually come in week two or three, but in 2026 the Tour throws its first real climbing test at the peloton on just the third day. With a summit finish at Les Angles, the stage is expected to produce the first meaningful time gaps between general classification contenders.

Riders who paced the opening stages poorly, or who are not natural climbers, risk losing significant time here — while pure climbers and GC favourites get their first real chance to show their form.

General Classification Standings Before Stage 3

Heading into Stage 3, Jonas Vingegaard held the overall race lead after his team's team time trial win on Stage 1, with the gap narrowing slightly after Stage 2 in Barcelona. Here are the GC standings and teams of the top riders after Stage 2:

Rank	Rider	Team
1	Jonas Vingegaard (Den)	Visma | Lease a Bike
2	Tadej Poga■ar (Slo)	UAE Team Emirates-XRG
3	Remco Evenepoel (Bel)	Red Bull-BORA-hansgrohe
4	Isaac del Toro (Mex)	UAE Team Emirates-XRG
5	Mattias Skjelmose (Den)	Lidl-Trek
6	Tobias Halland Johannessen (Nor)	Uno-X Mobility
7	Romain Grégoire (Fra)	Groupama-FDJ United
8	Lenny Martinez (Fra)	Bahrain Victorious
9	Paul Seixas (Fra)	Decathlon-CMA CGM
10	Tom Pidcock (GBr)	Pinarello-Q36.5

Isaac del Toro's Stage 2 win in Barcelona, part of a UAE Team Emirates-XRG 1-2 finish, also handed him the green jersey (points classification) heading into Stage 3.

Riders and Teams to Watch on Stage 3

With an uphill finish this early, most attention is on the overall GC group, but several mid-mountain specialists could also make their mark on breakaway attempts before the final climb.

Tadej Poga■ar (UAE Team Emirates-XRG) — defending champion looking to reclaim time lost on Stage 1

Jonas Vingegaard (Visma | Lease a Bike) — race leader defending a narrow overall gap

Remco Evenepoel (Red Bull-BORA-hansgrohe) — third overall, a strong threat on sustained climbs

Isaac del Toro (UAE Team Emirates-XRG) — fresh off his Stage 2 win, wearing the green jersey

Paul Seixas (Decathlon-CMA CGM) — French rising star and a name to watch in the young riders' classification

Full List of Teams in the 2026 Tour de France

The following teams are competing in Stage 3 and throughout the 2026 Tour de France:

Alpecin - Premier Tech	NSN Cycling Team

Bahrain - Victorious	Pinarello Q36.5 Pro Cycling Team
Caja Rural - Seguros RGA	Red Bull - BORA - hansgrohe
Cofidis	Soudal Quick-Step
Decathlon CMA CGM Team	Team Jayco AlUla
EF Education - EasyPost	Team Picnic PostNL
Groupama - FDJ United	Team Visma | Lease a Bike
Lidl - Trek	TotalEnergies
Lotto Intermarché	UAE Team Emirates-XRG
Movistar Team	Uno-X Mobility
Netcompany INEOS	

Weather and Conditions

Forecasts for Stage 3 point to sunny skies for the entire route. Earlier predictions had flagged a risk of showers as the race crossed the Spanish–French border, but that threat cleared ahead of race day, setting up dry, fast racing conditions on the descents.

Frequently Asked Questions

What is the route for Tour de France Stage 3?

Stage 3 runs 195.9 kilometers from Granollers, Spain, to Les Angles, France, crossing the Pyrenees with an uphill summit finish.

Why is Tour de France Stage 3 considered important?

It's the first true mountain stage of the 2026 Tour, arriving unusually early in the race and expected to create the first real time gaps between general classification contenders.

Who is the Tour de France 2026 leader before Stage 3?

Jonas Vingegaard (Visma | Lease a Bike) held the overall lead heading into Stage 3, with Tadej Poga■ar (UAE Team Emirates-XRG) in second and Remco Evenepoel (Red Bull-BORA-hansgrohe) in third.

What are the main climbs on Stage 3?

The key climbs are the Côte de Saint Feliu de Codines, the Category 1 Col de Toses, the Col du Calvaire, and the final summit finish climb into Les Angles.

How many teams are competing in the 2026 Tour de France?

21 teams are competing in the 2026 Tour de France, including UAE Team Emirates-XRG, Visma | Lease a Bike, and Red Bull-BORA-hansgrohe among others.

This article is based on publicly available race information for the 2026 Tour de France as of race day. Results and standings may change as the stage and race progress — check official Tour de France sources for live updates.